

Abstract of the Disclosure

5 A heat-generative, steam generation facial sheet that is planar and is adapted to cover a part or the whole of a wearer's face in intimate contact. It has a planar heat generator capable of generating steam upon contact with oxygen in such a manner that the skin surface temperature reaches 34°C or higher within 120 seconds from the contact with air and the skin surface temperature is maintained at 34°C or higher for at least 5 minutes.